

MEN'S COOKOUT

Come and enjoy a cookout lunch on Thursday, September 22nd at 12:00 p.m. for the final Men's Cookout of the season. Town Finance Director, Randy Scollins, will be our presenter. He will be talking about the experiences which landed him here in Foxborough as well as the financial challenges we face here in Foxborough from a big picture perspective. The menu will be Sausage with Peppers & Onions in a Roll, Corn on the Cob, Potato Salad, Ice Cream, and Lemonade. The meal will be provided in collaboration with HESSCO. A voluntary donation of \$2.50 per person can be given that day. The men will be served lunch at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. As always, everyone is welcome to join us after lunch has been served for the presentation portion of the program free of charge. To participate in this cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, September 20th.

Monday, September 12

Manicures 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, September 13

Stretch & Balance 8:30 a.m.

Blood Pressure 10:00 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 14

Rail & Sail Trip-departing from St. Mary's @ 6:15 a.m.

No Chorus Today

Strength Training 8:30 a.m.

Christmas Tree Shops 1:00 p.m.

Zumba 2:30 p.m.

Thursday, September 15

Ceramics 9:00 a.m.

Self-Defense Class 11:00 a.m.

Low Vision Support Group 1:00 p.m.

Friday, September 16

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Saturday, September 17

Friends of Foxboro Seniors Meeting 9:30 a.m.

Sign-up for Holiday Pops Trip following the meeting

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

TRAVEL AND ENTERTAINMENT

FRIENDS HOLIDAY BOSTON POPS TRIP

Enjoy some holiday cheer as you listen to an engaging performance by “America’s Orchestra” on Thursday, December 15, 2011. Join the Boston Pops and the renowned Keith Lockhart for a sensational day of memorable music at historic Symphony Hall. Keith Lockhart himself will be conducting the matinee performance of “The Holiday Pops” complete with a visit from Santa! You will have reserved first balcony seats for the 4:00 p.m. matinee show. Prior to the show, you will visit Copley Plaza and the Prudential Shops for shopping and dining on your own. Before returning home, you will tour the Boston Common and view the beautiful Christmas lights display. Your luxury motor coach will depart from Town Hall on December 15th at 1:00 p.m. and will return home at approximately 7:30 p.m. The cost for this spectacular day is \$77 per person and will include driver gratuity. Sign-up for this trip at the Friends annual meeting on Saturday, September 17th at the senior center. Coffee and the meeting begin at 9:30 a.m. A \$25 deposit will be due at the sign-up and the remainder of the payment will be due by Tuesday, November 8th. Checks should be made payable to “Friends of Foxboro Seniors.” No cash please. Adele and Milli will accept payments at the senior center on Monday and Tuesday afternoons.

JACK-O-LANTERN SPECTACULAR

Are you looking for something different and unique to try? Then come and join us as we travel to Rhode Island on Thursday, October 27th as we visit the Jack-O-Lantern Spectacular at the Roger Williams Park Zoo. Begin your evening at Spumoni’s Restaurant in Pawtucket Rhode Island, one of Rhode Island’s favorite Italian & Seafood Restaurants. Your meal will include Tossed Salad; Choice of Lasagna, Chicken Parmigiana with Ziti, or Baked Scrod with Potato & Vegetable; Coffee/Tea, and Dessert. After dinner, experience the Jack-O-Lantern Spectacular featured by the Early Show, CNN, & Associated Press. You will be amazed by the glow of thousands of pumpkins artfully carved depicting famous people, places and scenes. Don’t miss this Halloween hot spot! The cost for this magical evening is \$63 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, September 30th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 3:30 p.m. on Thursday, October 27th and will return home at approximately 9:15 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, September 13th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

CHOLESTEROL SCREENING

We will be holding a Health Promotion Clinic on Thursday, September 22nd from 9:00 a.m. until 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, September 12th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

SPECIAL EVENTS AND PROGRAMS

HARVEST TEA PARTY

Treat yourself to a special Harvest Tea Party hosted by Joanne Pratt on Thursday, September 29th from 12:30 p.m.-2:00 p.m. Tea sandwiches and delectable goodies along with assorted teas will be served. Sample the delicious food offerings, enjoy the company and conversation, and relax over a cup tea. We have limited

seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, September 26th, or until all spots are filled, whichever comes first. This event is for Foxboro residents. As always, please bring your favorite tea cup.

PARLEZ VOUS FRANCAIS?

Please join retired French teacher, Lucille Brady in a fun, pressure-free class entitled “French Does Not Have To Be A Foreign Language.” Learn easy phrases in French that encourage you to create a new identity. View “Jean de Florette,” a wonderful classic film that won many awards in France (English sub-titles) and share your insights with the class. The amount and type of phrases you want to learn can be agreed upon together in class. Research has shown that challenging the mind is an important strategy for keeping brain cells active and preventing deterioration of our memory. Come and take advantage of this free cultural enrichment opportunity. This is a 4-week class and will be held on Thursdays from 11:00 a.m. to 12:00 p.m. on September 29th, October 6th, 13th, and 20th. Sign-up is required by calling 508-543-1252.

PROTECT YOURSELF WITH A FREE H.U.G.S./PERSONAL BEST SELF DEFENSE SEMINAR

Do you know how to protect yourself? Every two minutes someone in the United States is sexually assaulted. Our 2 local H.U.G.S. (Help Us Get Safe) organizations are bringing much needed attention to the pervasive and devastating crimes of sexual violence and elder abuse that affect countless numbers of women, men, and children in our communities every day. Senior citizens can learn how to protect themselves and family members at a “Self Defense” seminar on September 15, 2011 from 11:00 a.m. to 12:00 p.m. at the Foxborough Senior Center, 75 Central Street, Foxborough, MA. This seminar is FREE and sponsored by H.U.G.S. Foxboro and Sharon in partnership with Personal Best Karate. Learn about self defense skills, including some vital strategies regarding personal safety and basic self defense skills. This skill set crosses the life span and is applicable for all women/men, all ages and all degrees of fitness. Please call 508-543-1252 to sign-up for this important program. For more information about domestic violence and combating violence in our communities through educational programs call: H.U.G.S. (Foxboro) at (508) 698-8784 or H.U.G.S. Sharon at (781) 784-5056. You can make a difference. We encourage you to get involved. Join us in building a safer community!

NUTRITION CLASS SPECIAL SPEAKER

On Tuesday, September 20th at 11:00 a.m. Stacey Hiltner of Community VNA will be doing a program entitled ‘Power of Positive Thought’ during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

COFFEE WITH KEN

Drop into the Rodman Building at 90 North Carl Annon Court on the 1st and 3rd Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and “goodies.” On September 20th, Ken will review “Dates Worth Saving,” such as Medicare Open Enrollment and Fuel Assistance application period. To reach Ken, call 508-543-1252, or drop by the Senior Center.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year’s ice cream trips will be scheduled on Wednesday and Thursday afternoons throughout the summer. Our last trip for this year will be to the Big Apple in Wrentham on Thursday, September 29th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is

limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

REGULARLY SCHEDULED

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, September 20th at 12:30 p.m. when our feature presentation will be "Crazy Heart." When reporter Jean Craddock (Oscar nominee Maggie Gyllenhaal) interviews Bad Blake (Oscar winner Jeff Bridges) -- an alcoholic, seen-better-days country music legend -- they connect, and the hard-living crooner sees a possible saving grace in a life with Jean and her young son. But can he leave behind an existence playing in the shadow of Tommy (Colin Farrell), the upstart kid he once mentored? Robert Duvall produces and co-stars. This movie is rated 'R' and has some serious subject matter, but was very highly acclaimed and won several Oscars. Please call 508-543-1252 to sign-up.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on September 21st. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

MONDAY MANICURES

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be September 12th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on September 15th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, per the YMCA's policy. The 2011 Fall Session runs from September 12th through October 30th. This is a 7-week session and will cost \$35. Payment is due at sign-up. Call 508-543-1252 with any questions.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would

like to go on the van, please call the senior center to arrange a ride.

September 14 Christmas Tree Shops

September 21 Wal-Mart

September 28 Luncheon Outing at Chateau in Norton (rescheduled from 8/31/11)

September 29 Ice Cream Days-The Big Apple at 1:30 p.m.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50.

The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 12

Chicken Cacciatore

Italian Pasta

Tuscany Blend Veggies

Whole Wheat Bread

Mixed Fruit

Tuesday, September 13

Shepherd's Pie

Cut Green Beans

Whole Wheat Roll

Mandarin Oranges

Wednesday, September 14

Roast Pork W/Rosemary Gravy

Scalloped Potatoes

Beets

Fruit Muffin

Applesauce

Thursday, September 15

Spanish Meatballs

Mashed Potatoes

Jardinière Blend Veggies

Whole Wheat Bread

Pudding

Friday, September 16

Turkey Stew W/Vegetables

Brown Rice

Dinner Roll

Fresh Fruit